

ACCIDENTS & AILMENTS



FIRST AID



AND

E
R.E.P.

ELLIMAN'S
UNIVERSAL
EMBROCATION.

E
R.E.P.

Rubbing Eases Pain.

Rubbing Eases Pain.

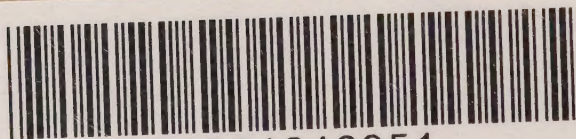
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RUBBING EASES PAIN.

OFFER.

The Elliman R.E.P. Book.

(Rubbing Eases Pain Handbook.)

THIS booklet contains some of the information to be found in the R.E.P. Book full edition, consisting of 256 pages, **which is printed in a larger size, $8\frac{1}{2} \times 5\frac{1}{2}$, upon good paper, and bound in cloth board covers,** treating of accidents to and ailments of the

HUMAN SUBJECT,

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the Elliman R.E.P. Book may be had free and post free to all parts of the world, in exchange for Special Pages 47-48 from **three** booklets found placed round bottles of Elliman's Universal Embrocation, price 1/1½, one booklet round each bottle.

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Acknowledgment.

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THE SKELETON.

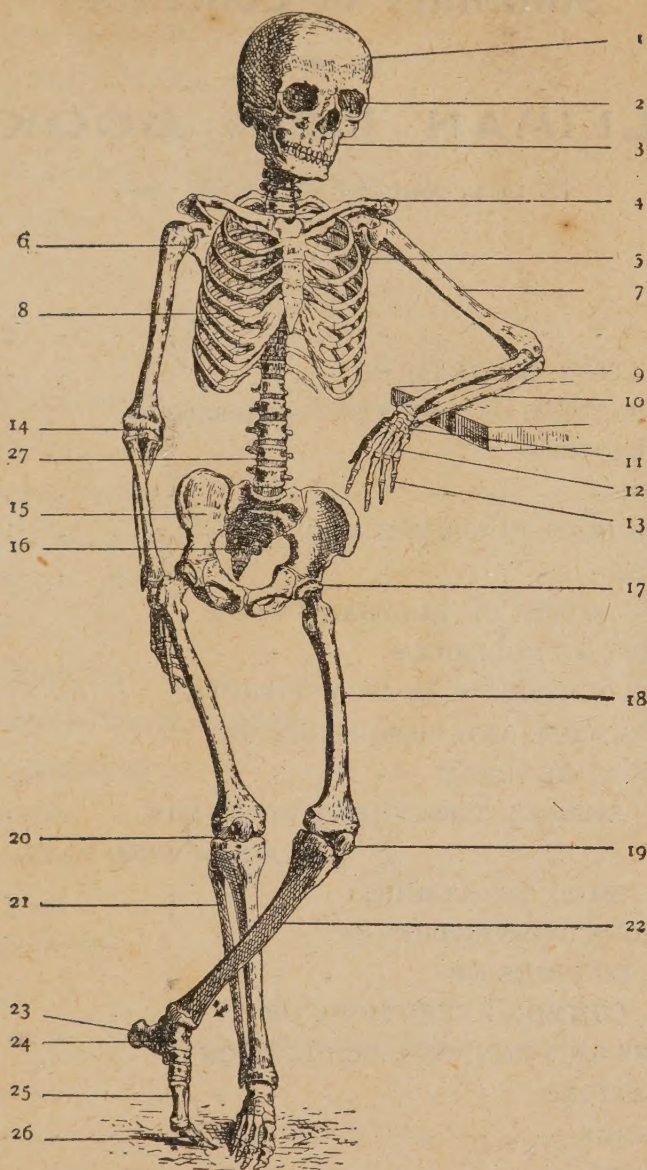


Fig. 1.

1. Skull
2. Orbit
3. Face
4. Clavicle or collar bone
5. Scapula or shoulder blade
6. Shoulder joint
7. Humerus or arm bone
8. Ribs
9. Radius

10. Ulna
11. Carpal or wrist bones
12. Meta carpal or hand bones
13. Phalanges or finger bones
14. Elbow joint
15. The pelvic bone
16. Sacrum and Coccyx
17. Hip joint
18. Femur or thigh bone

19. Patella or knee cap
20. Knee joint
21. Fibula
22. Tibia
23. Os Calcis or heel bone
24. Astragalus and ankle bones
25. Meta Tarsal bones
26. Phalanges or toe bones
27. The vertebra or spine

Summary of Contents

OF THE

ELLIMAN R.E.P. BOOK.

256 pages, illustrated, cloth bound cover.

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THE CIRCULATION OF THE BLOOD.

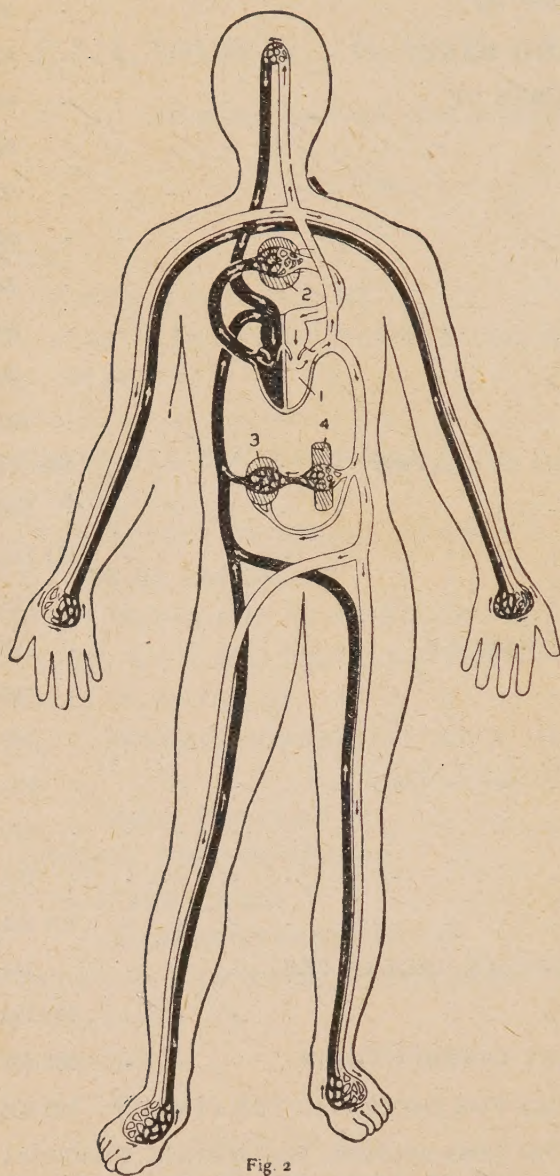


Fig. 2

THE Arteries are indicated by white lines, the veins by black lines. The arrows show the direction of the circulation or flow of blood.

- (1) The Heart—right side contains impure blood, left side pure blood.
- (2) Represents the Lungs, where the blood is purified and changes its colour from blue to red
- (3) The Liver
- (4) The Intestines

The Arteries contain pure blood: this passes through a meshwork called the Capillaries, and is there contaminated by the carbonic acid gas and effete matters of the tissues of the body, and gives up its oxygen and nutritious properties. It is then conveyed back by the Veins to the right side of the Heart. By the right side of the Heart it is pumped through the Lungs where it takes up fresh oxygen and gives up the carbonic acid gas it derived in the capillaries. Then it is conveyed back to the left side of the Heart, by which it is pumped into the Aorta, and thence conveyed all over the body by the various Arterial branches of the Aorta

In the Liver, Kidneys, and other organs various processes, resulting in the purification of the blood and body take place, and, on the other hand, these same organs pour into the blood their useless, and often dangerous, products of activity, to be removed from the body through the skin, lungs, fæces and urine.

The Lymph Circulation.—Running with the Veins and conveying their Contents in the same direction, are small tubes, Veins neglect, and which

called the Lymphatics; these take up the fluids which the are especially thrown out in large quantities in an inflamed area.

Massage. *In cases where marked counter irritation is not desired, but continuance of massage is necessary, this may be effected by adding one or two tea-spoonfuls of Olive Oil to the bottle of Embrocation, and vigorously shaking the contents before using. A better plan, however, is to smear a small quantity of the oil on the hand occasionally, and not to add oil to the Embrocation itself, because for other uses the Embrocation would be less efficient with oil added.*

MASSAGE.

MASSAGE is an art which depends upon a knowledge of anatomy for its scientific application. But some massage is better than none, and good results can be obtained by carefully following the instructions now given.

The process of massage combines various "movements," as they are called. These are utilised singly or in combination. In most cases any but gentle force is unnecessary.

DO NOT HANDLE THE PATIENT WITH COLD HANDS.

As explained in the article upon Elliman's and its uses (pages 14—21), Elliman's forms a most efficient lubricant.

For massage purposes use small quantities of Elliman's in the various manipulations.

The movements may be called—

1. Stroking.
2. Kneading.
3. Friction.
4. Tapping.
5. Vibration.

The usual method of applying Elliman's consists in vigorously rubbing in the embrocation. This is quite sufficient

Read offer on first page.

if the object is to produce redness of the skin, *i.e.*, if it is to act as a rubefacient or slight vesicant alone, but it is the mechanical factor in its use *which we are now discussing*. Most people rub up and down with equal pressure. This is incorrect. Massage rubbing is a mixed stroking and kneading movement.

Let it be at once understood that all rubbing, stroking, or



FIG. 3.

Firm stroking with the fingers between the muscles of the fore-arm to stimulate the circulation and break up the effusions after inflammation.

other movements should always be directed *upwards* on the limbs, *downwards* on the head and neck, because this is the direction in which the venous blood and lymph flow (*see Circulation Diagram, page 6*), and in all conditions calling for massage,



FIG. 4.

Spiral stroking used to soothe irritable parts; or to commence breaking up effusions soon after the subsidence of an inflammation.

these two streams need stimulating and helping. Stroking or rubbing in the wrong direction retards rather than helps the current in its flow.

Stroking is the movement by which all massage begins, and is called for especially in the course of acute inflammations or painful conditions of the skin and nerves.

It may be performed with varying degrees of force, and if the part is exquisitely tender, very gentle stroking with the palms of the fingers only can be borne. When the pain has subsided firmer stroking can be performed, and the palm of the hand used, either flat as in rubbing or by grasping the limb between the fingers and thumb. If the limb or part be large, the palm of one hand may be placed on one side, and the other palm on the opposite side and both pushed towards the trunk either together or alternately, if the latter, one palm must begin its strokes just as the other ends.

In cases of headache, spinal irritability, or neuralgia the stroking is done in a different manner, namely, by a sort of spiral movement with practically no pressure (diagram 4). Except for acutely painful inflamed parts, and to soothe nerves or allay irritability, stroking is done briskly with as much force as can conveniently be borne.

Kneading is the most useful of all movements for dispersing chronic inflammations, and reducing thickening consequent upon such.

After paralysis or wasting of muscles from long continued disuse, or to *prevent* wasting from such causes, kneading is invaluable. It softens and makes supple a part, just as kneading and working putty softens it.

As the name aptly indicates the tissues are thoroughly manipulated. The only precautions are to avoid using so much force as to bruise the delicate tissues, and always to do the kneading from below upwards.

It is done in various ways—

1. A piece of muscle may be picked up between the index finger and thumb and rolled between them five or six times, then the piece immediately above is taken and the process repeated, until the whole muscle is treated.
2. If the muscle be large it may be grasped between the fingers and the thumb, and the latter used to well knead, roll, and squeeze it against the fingers (diagram 5).

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3. Or the whole limb may be grasped with the thumbs in front and fingers behind, and the tissues *squeezed* against the bones, then relaxed and squeezed again (diagram).

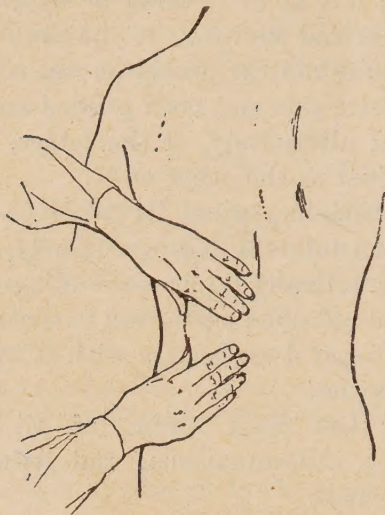


FIG. 5.

Kneading applied to broad fleshy parts.

The whole limb from ankle to knee, say, being gone over carefully from below upwards.

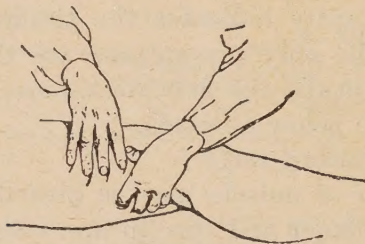


FIG. 6

Kneading by firmly grasping the limb between fingers and thumb, squeezing and partly wringing the tissues.

The squeezing is done just as a wet sponge is squeezed, and the result is very analagous.

The veins and lymphatics are thoroughly emptied of their stagnant contents by the pressure, and so a new supply is encouraged ; thus the vitality of the part is increased.

Read offer on first page.

4. Again the limb may be grasped between the thumbs in front and the fingers behind, but with one hand *higher* than the other, now squeeze firmly, then roll



FIG. 7.

To illustrate "wringing" the calf muscles.

the muscles with the hands as if "wringing them" (diagram 7).

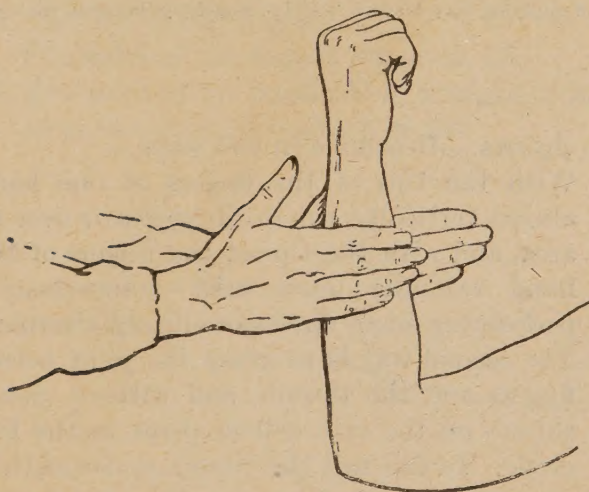


FIG. 8.

Fulling.

5. The last method used is that called "Fulling," which consists in rolling the limb between one's palms as one "twiddles" a stick or warms one's hands when cold (diagram 8).

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Friction is most useful in the treatment of chronic effusions into joints, and after sprains, where it corresponds to and replaces kneading of muscles. It is really a deep firm stroking movement best performed with the tips of the fingers or with the thumbs. It helps to produce absorption of inflammatory products by breaking up the coagulated materials, and then driving them into the lymphatics; also by stimulating the circulation it helps in the process of repair.



FIG. 9.

Method of applying deep friction with the finger tips between the muscles.

About Joints.—It is done in two ways—

1. With the tips of the fingers of one hand, held almost vertically, rub firmly *upwards* over a limited area, and with the tips of the fingers of the other hand rub the *same area* transversely, really performing small circles or ellipses alternately
2. The second way is to grasp the joint between the fingers and the thumb, and without moving the thumb on the skin roll it about in the form of a circle. In this way the tissues underneath the skin are rubbed against one another, *i.e.*, “kneaded.” Having rolled the thumb for five or six circles move on to a new (adjacent) spot and repeat.

Both these movements are done with force and briskness.

Friction is aided by thoroughly squeezing the swollen joints between the two hands for a few seconds four or five times in the following manner—

Read over on first page.

The palm of one hand is placed flat on the limb just above the upper limit of the swelling, and the other below, then without sliding them over the skin the two hands are pressed firmly towards one another compressing the fluid present (diagram 10).

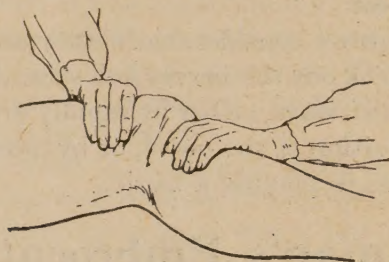


FIG. 10.

Compressing joints to encourage absorption of fluid in synovitis and after sprains.

Tapping is done either with—

1. The tips of the fingers.
2. The palm of the fingers (diagram 11).
3. The palm of the hand either straight or half closed so as to contain a cushion of air.

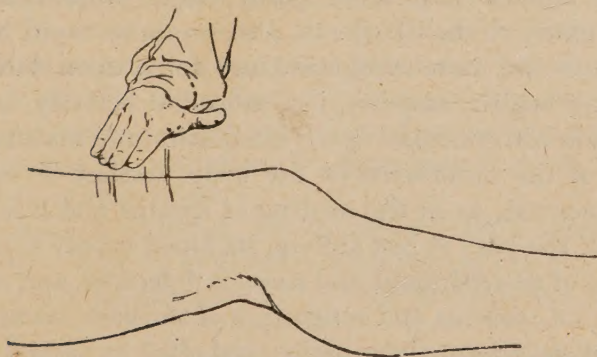


FIG. 11.

Tapping with the palm of the fingers.

4. The back of the half closed hand.
5. The inner or outer border of the hand or the knuckles.

The special use is to stimulate weak muscles after paralysis or after fatigue.

Read offer on first page.

The action should be entirely from the wrist—pianoforte action—and the taps should be always very rapid and of different degrees of force as may be necessary. Finally a rapid number of light flicks or “slaps” are given to the part. In some cases, such as the abdomen, a kind of vigorous push with the knuckles is best.

Vibration requires considerable ability and knowledge, as its purport is to pick out the nerves and stimulate them. This is done in one of two ways, either by rapidly drawing the finger tips across the position of the nerve, or by causing it to vibrate with the thumb as in playing a banjo.

Elliman's Embrocation AND ITS USES.

THE practical value of Elliman's Embrocation in the treatment of all forms of injury and inflammation is too well established to need pressing, but exactly how its beneficial action upon deeply seated inflammation is produced, is still one of the problems of surgery. That Elliman's Embrocation properly applied will allay pain, check inflammation and obviate many of its ill effects, also promote rapid healing, is being more and more recognised and acted upon daily.

During health, exercise, *i.e.*, muscular activity, is the most potent factor in stimulating the circulation and maintaining the activity of the absorbents of the body, so that if *rest* is absolutely essential, as in the healing of sprains and fractures, the vitality of the part at rest suffers, its blood supply is poorer, the exchange of nourishment and gases is defective, and eventually swelling, *i.e.*, cedema and congestion of the part, occurs, accompanied by *wasting* of the muscles, and often by partial paralysis.

Massage and rubbing with Elliman's will supply the stimulus lost by the want of muscular activity. Thereby will the muscles be kept in a healthy condition, so that when the patient is permitted the use of his limb again, instead of weak stiff muscles which have to be trained into form, he has available strong supple muscles.

Read offer on first page.

The nerves and blood vessels are also maintained healthy, and the whole machinery of the part fit for almost instant work.

The old routine treatment of sprains, fractures and many joint diseases, was to put on a splint and keep the limb fixed for many weeks untouched and without any movement. When the splint was taken off, it was usually found that so much swelling and stiffness was present, it took an equally long or longer time to make the part supple again, and to undo the mischief done by that mode of treatment; in many cases permanent stiffness and swelling remained.

The present mode of treatment is, in many instances, to commence massage and rubbing with Elliman's from the very first, and to begin movements early, but in a limited and judicious manner.

ELLIMAN'S AS A RUBEFACIENT.

Elliman's applied to the skin for the treatment of inflammation of various kinds, may simply cause temporary redness when rubbed on the skin, and so act as a rubefacient. Thus pain is relieved, because the Embrocation tends to prevent or diminish the amount of inflammation in its earliest stage.

When swelling is present the mechanical *rubbing on* of Elliman's drives away the stagnant blood and unhealthy fluids, and brings about a rapid flow of bright and healthy blood, so relieving engorgement, and at the same time bringing abundant nourishment to the tissues which have been injured, to enable them to repair that injury.

Elliman's, in addition, by virtue of certain constituents, possesses the property of directly stimulating the blood vessels of the skin to a healthy action. It thus prevents the formation of abscess.

Its action as a Rubefacient is secured by pouring a little of Elliman's on the palm of the hand, and thoroughly rubbing it into the skin, until it has disappeared, then use a little more Elliman's and repeat, rubbing for five or ten minutes till a sense of warmth and tingling is felt and redness of the skin appears.

The rubbing may be preceded by hot water bathing or fomenting (page 31). This enhances its effect considerably.

If followed by a Rash.—Occasionally, especially with delicate skins, a crop of little red points forming a rash, may follow a too vigorous application; this is an indication that too much vigour has been exercised, or that the Elliman's, for that particular skin, is better diluted with equal parts of water

Treat the Rash by discontinuing the Embrocation for twenty-four hours or more, and cover the part with a little vaseline or zinc ointment spread on linen.

Another method of using Elliman's as a rubefacient, especially when the part is too tender even for the gentlest rubbing, is to wring a piece of flannel out of hot water, sprinkle its surface with a tea-spoonful, more or less, of Elliman's, and apply over the affected part. This should be borne as long as possible. Some people cannot bear it for more than ten minutes, others for twenty minutes.

ELLIMAN'S AS A VESICANT.

Going a step further stronger applications called *Vesicants* (Blisters), actually cause a little inflammation in the skin to which they are applied and so produce blisters. These blisters contain fluid abstracted from the sodden tissues, which drain away when the blisters are pricked, and in this way a certain amount of fluid is withdrawn from the inflamed part, thus further aiding in the relief of engorgement and in the promotion of a vigorous flow of healthy blood to and in the part.

Vesicants are used when the inflammation is either very acute or attacks such vital parts that *very urgent* remedies are necessary. On the other hand they are used when the inflammation is very chronic, and the blood vessels and tissues are so unhealthy that they want thoroughly waking up, *i.e.*, stimulating to healthy action, before any improvement can occur.

Ordinary blistering agents, however, labour under the disadvantage that by the tenderness which they produce no further rubbing or active treatment can be adopted for some days.

Elliman's can be made to act as a very efficient mild *vesicant*, by prolonging the time of rubbing and increasing the amount of Embrocation used.

To secure *very severe counter irritation*. First, thoroughly foment the part with hot water (*see Fomentations*, page 31), then rub in the embrocation, follow by using a piece of flannel of the desired size dipped in very hot water, wrung out as dry as possible and sprinkled over with one or two tea-spoonfuls of Elliman's, and immediately apply it to the skin. Then cover this with a piece of oil silk, glazed paper, or gutta percha tissue, and over all place another layer of flannel or cotton wool, and retain them in place with a bandage, not too tightly applied.

This *must* be kept on as long as possible, and renewed as often as required. Its effect will naturally vary, in some cases a large blister will be raised, in others a crop of very small blisters.

To treat the blister (*see* page 85).

A combination of *Rubefaction and Vesication* is usually best. Thus a mild blistering followed by systematic rubbing and occasional applications of Elliman's on hot flannels would be most suitable for chronic cases or those which do not readily improve under rubbing alone. If an acutely inflamed part is being treated by fomentations (page 31), each fomentation need not be sprinkled with Elliman's.

Action on Nerves.—Besides the action on the blood vessels and tissues, certain constituents of Elliman's possess the special property of soothing a part when gently applied, by their action on the nerves of sensation in the skin, and indirectly through these nerves good effects are produced upon *deep-seated nerves*, which Elliman's cannot directly reach. Probably in this way, the circulation in a deep part can be stimulated to activity.

Yet while soothing, Elliman's is not poisonous (*see* page 18), even when applied in large quantities and to broken skin. The part on which the skin is broken "absorbs" very rapidly anything applied to it, and if an embrocation containing a poison were used on broken skin, poisoning would result just as if the poison had been swallowed.

Accidents not infrequently happen whereby liniments are swallowed in mistake for medicines, and as a result death has followed such poisonous draughts. Hence an embrocation, which is in other senses efficacious, has an enhanced virtue if it be non-poisonous. Such is Elliman's.

Wounds.—Usually wounds prevent the use of most liniments on account of the injurious properties of their ingredients, yet the cause of a wound frequently produces conditions about it which *demand the application of counter irritation* to promote the circulation and restore vitality; hence such counter irritants must at least be harmless to wounds, to be harmless they must be antiseptic, and if antiseptic they are directly useful in promoting the cleanliness and healing of the wound itself. Old chronic ulcers on the legs are typical of such wounds, and a thorough application of an antiseptic embrocation, as Elliman's, to and about such ulcers exerts a most remedial effect, causing rapid healing when ordinary treatment has been unsuccessful.

Elliman's possesses—

1. The properties of being suitable either as a Rubefacient or as a Vesicant, as occasion demands.
2. It is a direct sedative, allaying pain.
3. It mechanically aids "rubbing" by its emollient character.
4. It is non-poisonous if swallowed in error. Proof :

ELLIMAN'S AND THE PANAMIK.

"To one of the Panamik coolies who had sprained his knee, I gave some Elliman's Embrocation in one of our tin tea-cups, and thought I had made him understand he was to rub it on, but to my horror, and before I could stop him, he swallowed the lotion, and in a very short space of time was sprawling on his stomach, choking and spluttering; but as soon as he recovered his breath, he got up and salaamed, saying it was very good. So, as he seemed quite pleased and none the worse, I did not enlighten him as to his mistake." (Page 13.) Quoted from "The Pamirs," by the Earl of Dunmore, F.R.G.S.

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“NOT A PENNY THE WORSE.”

“I was called in a great hurry to a family where the mother had administered Elliman’s in error for an emulsion to four children of ages from one and a half to seven years old; the next morning the victims were not a penny the worse.”
M.R.C.S., Oct. 28th, 1896.

5. It is antiseptic, therefore harmless if applied to broken skin or wounds.
6. It is a perfect emulsion.

TIME AND FREQUENCY OF RUBBING.

According to the state of the patient the duration and frequency of the rubbing and massage will vary, but ordinarily two or three times a day for ten minutes is ample. Discretion must be used, and the results carefully observed.

In treating very chronic inflammations, the best result is obtained by thoroughly rubbing in the Elliman’s twice a day (*see* Massage, page 7), and in the intervals bandaging the part firmly with an elastic webbing bandage, or a rubber bandage; notice if the rubber bandage “draws,” if so, do not use it.

The small vessels of such an inflamed area are so weak they cannot withstand the pressure of their contents, therefore, after they have been thoroughly emptied of their contents by rubbing, they again dilate and allow continued stagnation of the blood, unless they are braced up by firm bandaging.

Elevation of the part effects the same purpose as bandaging, because gravity aids the return flow when the limb is elevated and so prevents stagnation.

The intense stiffness and soreness of the muscles following exertion, are relieved by the rubbing in of Elliman’s.

By the early application of Elliman’s as a rubefacient or as a vesicant (page 16) to the skin an inflammation of the deep tissues and organs of the body may be “aborted” or very much modified, pain relieved, and even life saved.

Summary of Methods of using Elliman's.

ELLIMAN'S may be used in 3 ways, viz.:

(1) **MILD**, (2) **STRONG**, or (3) **POWERFUL**.

Elliman's Universal Embrocation combines qualities capable of use, either as a very mild, perfectly harmless, **Sedative**, *i.e.*, soothing application, rendering it suitable for use as a perfect aid and lubricant in massage (see page 7), and for the antiseptic treatment of wounds, and other conditions needing a non-irritating application; or of being used as a most powerful **Counter-irritant** when the action required is to produce blisters.

1.—USE OF IT IN THE MILD MANNER.

As **Massage**, *i.e.*, rubbing, forms a most important part of the treatment of all injuries and inflammations it is absolutely necessary that the Embrocation should, under ordinary conditions of use, be as non-irritating as possible, otherwise it would prevent and defeat the object of the rubbing.

In the most painful and tender conditions of the skin when its soothing effect is desired, this is attained by pouring a small quantity of the Embrocation on the palm of the hand, and gently rubbing the part **upwards** (see page 14) till the Embrocation has disappeared and repeated two or three times.

In cases where marked counter-irritation is not desired, but continuance of massage is necessary, this may be effected by adding one or two tea-spoonfuls of Olive Oil to the bottle of Embrocation, and vigorously shaking the contents before using. A better plan, however, is to smear a small quantity of the oil on the hand occasionally, and not to add oil to the Embrocation itself, because for other uses the Embrocation would be less efficient with oil added.

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2.—USE OF IT AS A STRONGER PREPARATION.

If quicker action be needed, *viz.*, a **Rubefacient** (see page 15), first foment (see page 31) the part with hot water for five minutes, dry thoroughly, then vigorously rub in the Embrocation in an **upright direction**, using greater force and more Elliman's, until a sense of considerable warmth and tingling is experienced, at least ten minutes being devoted to the rubbing. Then fomentations may be re-applied if the skin be thick or the disease chronic.

3.—USE OF IT AS A POWERFUL COUNTER-IRRITANT.

To produce its **most powerful effect**, even to the extent of blistering, first foment the part with very hot water for ten minutes, dry thoroughly, follow by rubbing in Elliman's vigorously and freely for ten to fifteen minutes, then apply immediately fomentations sprinkled with Elliman's.

To produce a blister, instead of the fomentations after rubbing, take a suitable piece of flannel wrung out of boiling water and saturate it with the Embrocation, which has been heated by standing the uncorked bottle in hot water; place the flannel immediately on the skin, and cover it with a piece of non-porous material over which apply layers of cotton wool or flannel. Keep on for as long as possible, and renew if necessary.

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THE MUSCLES OF THE BODY.

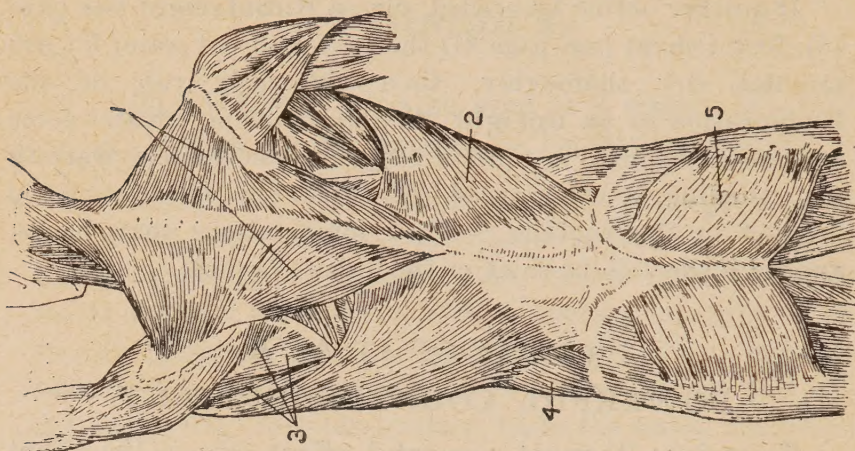


Fig 14

Front.

1. Sterno-mastoid.
2. Deep Muscles of Neck.
3. Pectoral Muscle.
4. Latissimus Dorsi.
5. Great Serratus.
6. Oblique Muscle.
7. Rectus Muscle in its Sheath.

Back.

1. Trapezius or Monk's Cowl.
2. Latissimus Dorsi.
3. Shoulder Blade Muscles.
4. Oblique Muscle.
5. Gluteal or Buttock Muscle.

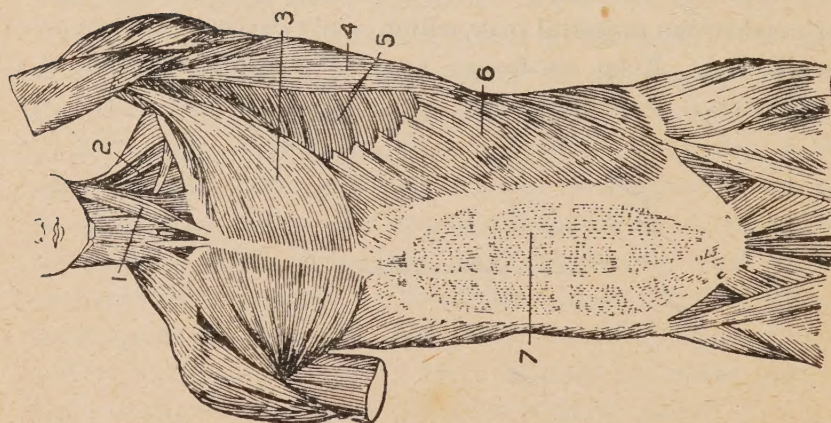


Fig 13

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SPRAINS IN GENERAL.—DEFINITION.

A sprain or strain is the sudden tearing or stretching of the ligaments or portion of ligaments about a joint, or at the attachment of muscles.

SEVERE SPRAINS.

We are now in a position to discuss the immediate First Treatment of Severe Sprains.

Apply Cold—As soon as possible apply *cold* to the affected part. This may be done in various ways, one of the oldest and perhaps best is to allow cold water from a tap to run over the joint in a gentle stream, for from five to ten minutes three times a day. Or a bladder or a bag made of flannel, containing medium sized pieces of ice may be placed over the part and lightly bound to it.

Bandages (page 24), soaked in ice cold water or various cooling lotions, may be bound round the part hurt.

Useful lotions are made of: Liquid Acetate of Ammonia, one ounce; Methylated Spirit, two ounces; Water, add to one pint; or, Acetate of Lead Lotion (Goulard's Lotion), strength, one in 40; or, Chloride of Ammonium, half-an-ounce, Water to one pint; or, Methylated Spirit, Whisky, or other Spirit diluted with an equal part of cold or iced water.



FIG. 19.
A simple head bandage.



FIG. 20.
A simple eye bandage.

To avoid intermittent cold, cold bandages may be applied as follows: A moist bandage is rolled with uniform tightness about the part, *before any swelling has occurred*, and then kept moist with water, ice or lotions; or pieces of lint or linen may be soaked in the lotion and applied to the skin, several pieces being used so that when one is on the limb the others are soaking.

The beneficial effect of cold, however, is not of longer duration than 24 or 28 hours.

Bandaging must be carefully done, else harm instead of good results. The bandaging must be begun at the most distant part, and be gradually brought over and beyond the injured area. It must be done uniformly, the same amount of gentle pressure being maintained with each turn.

The last turn is best fixed by pinning with a safety pin, but the bandage may be slit down the middle of a sufficient length to enable the two ends to be tied round the limb, in

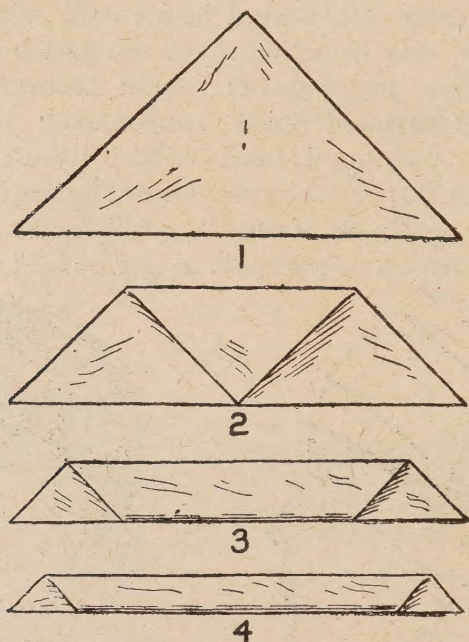


FIG. 21.

- No. 1. Triangular bandage, being half a square of calico, 1 yrd to 40 inches in size.
- No. 2. First step in forming a bandage.
- No. 3. Broad Bandage.
- No. 4. Narrow Bandage.

Read over on first page.

which case care must be taken not to tie tightly. One such tight turn causes constriction, pressing upon the veins and lymphatics thus impeding the return of blood and lymph, and defeating the end aimed at, which is to aid the return along these channels. This is effected by suitable bandaging.

Cold and firm bandaging, elevation of the part on a pillow covered by a macintosh or waterproof sheet, and *complete rest* will soon check or cause the inflammation to subside, and we may then go on to aid the recovery or repair of the damaged part.

WARNING.

Cold to be effective, must be *applied early*, and it must be applied *constantly*, i.e., it would be injurious rather than beneficial, to simply bathe an inflamed part, say, for ten minutes with a cold solution, and then to put the part in a



FIG. 22.
A finger bandage.

warm atmosphere, such as would occur if the patient retired to bed after such bathing or sat in front of a fire, or even covered it with ordinary clothing.

Why? This is due to the fact that when cold is *first* applied, it has the beneficial effect of *constricting* the blood vessels, i.e., decreasing their capacity and so lessening the tendency to increased flow of blood and engorgement; when this action *ceases* the reverse condition develops, and the effect is an enormous dilatation, the previously constricted vessels then tend to become congested and increase the inflammation.

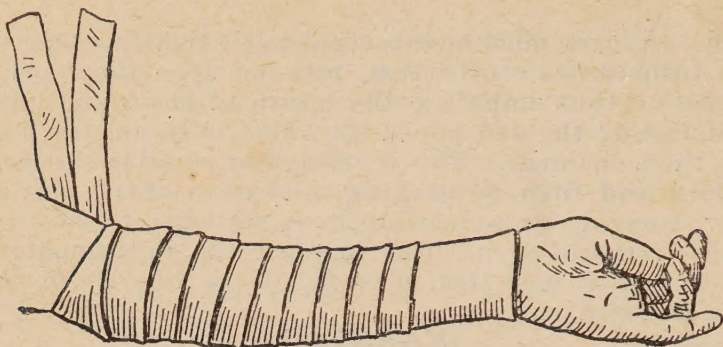


FIG. 23.
A bandage for the arm. The ends split for tying.

Caution.—In the case of elderly people it is best not to employ cold, or excessive cold, such as an ice bag, to inflamed parts, as the cold tends to depress, *i.e.*, lessen the already diminished vitality of the part, now further injured and depressed, first by the cause of the inflammation be it sprain or what not, and secondly by the inflammation itself. *Heat from the commencement is best in such cases.*

The same applies to young children.

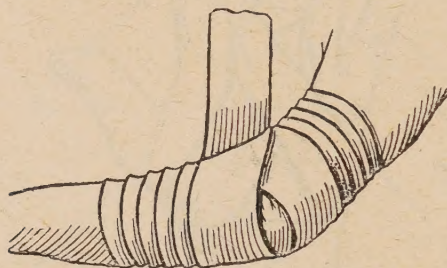


FIG. 24.
Elbow bandage, the last turn not completed.

SPRAIN TREATMENT.—Second Day and following.

Second Day.—On the second day after the accident, discontinue any cold water bandages or such cold treatment as has been adopted, thoroughly foment (page 31) the part with hot water for ten minutes, then dry rapidly but gently, pour some Elliman's on to the palm of the hand and gently rub the affected area from below upwards repeatedly, *until the Embrocation has disappeared*, when some mor may be poured on to the palm and the process repeated for from five to ten minutes. Then wrap the joint or part in dry cotton wool or flannel, bandage firmly and elevate the part on a pillow.

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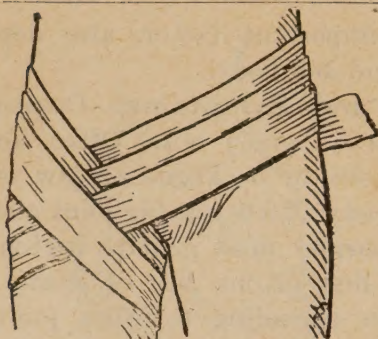


FIG. 25.
Groin bandage.

This treatment to be adopted at first, twice a day, the vigour of the rubbing increasing gradually, but the skin should not be chafed, nor blistered by the use of irritating liniments, and the process may be increased to three times a day, and kneading or other movements of massage gradually utilised (pages 7-14).

Mild Sprains in which there is little inflammation may be treated *at once* according to the above second day treatment.

CHRONIC RHEUMATISM.

Under this heading may be classed a number of somewhat allied but nevertheless separate diseases :—

1. Ordinary chronic rheumatism is the form in which usually true rheumatism attacks middle-aged people.
2. Poor man's gout, rheumatic gout, or as it is technically called Osteo-arthritis or rheumatoid arthritis, a very common condition affecting poor and rich alike.
3. Various other conditions not adapted for discussion in this book.

We will discuss the former two, and as they are very like in character and treatment will not differentiate between them.

The Causes are obscure, but middle-aged people, women who have to do charring, or persons who work in the fields, or are in other ways exposed to variations of temperature, are the chief sufferers.

Injuries in the region of joints, sprains, fractures, synovitis from any cause are followed by these conditions. Heredity is

Read offer on first page.

said to be an important factor, also depressed unhealthy conditions of mind and body.

The Signs and Symptoms.—Occasionally an acute attack may occur. Usually not. Often small joints such as those of the fingers or backbone or jaw only are involved. Still another variety affects one big joint alone, hip, shoulder, etc. But the variety most general begins insidiously, *i.e.*, very gradually, first in one pair of joints, the knees being commonest, then spreading to other joints, until in some cases all the joints are involved.

The condition has periods of quiescence followed by increase in the symptoms.

The Symptoms are pain, often gnawing, and worse in wet weather (rarely this increase of pain occurs in warm dry weather). It is also worse when in bed, or after resting, and when getting up in the morning. Relieved after getting about or using the joints a little.

A sense of great and increasing *stiffness* also relieved by usage.

Creaking, a peculiar sense of creaking or crepitus felt by the patient on movement or by the hand when placed on the joint during movement. It feels like the creaking in tenosynovitis. This may be absent at times, *i.e.*, when the joint becomes distended by fluid.

Swelling which varies, sometimes there is considerable swelling from distension of the joint with synovial fluid, at other times none, but usually a little occurs. It is not red or hot, and tenderness is slight.

Treatment.—It is the local treatment which effects most relief. But it is well at the outset to state that cure is the exception, and if the disease does not spread to other joints and the attacks of increased pain can be kept under, this is all that can be expected in the majority of cases.

In the case of one joint only being involved, some surgeons operate.

Rest is *not* to be taken, the occupation is *not* to be discontinued. Keep moving about, go on with exercise unless pain on movement be very great.

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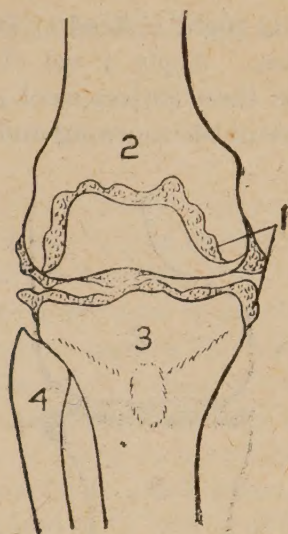


FIG. 40.

A knee joint looked at from the front, the dark dotted part showing the overgrowth of cartilage and bone causing the deformity of the joint so typical of this disease. "Chronic Rheumatic Gout."

1. The overgrowth of Cartilage and Bone shown by dotted part, the firm lines represent the Normal Bones.
2. Femur.
3. Tibia.
4. Fibula.

The remaining local treatment is summed up in Friction and Massage with Elliman's and the application of heat.

The joint or joints are to be wrapped in flannel or cotton wool.

Twice or three times a day, the flannel or cotton wool should be removed, and a vigorous application of Elliman's for ten minutes be made, thoroughly kneading the joint and working the limb backwards and forwards. Re-apply the flannel, on which flowers of sulphur may be dusted.

Those who are able to get treated by the Tallerman method should have the limb kept in the hot air for 15 to 20 minutes, or a Turkish bath may be taken, then vigorously massage the joint and muscles with Elliman's, and move the joint about, lastly wrap up in flannel. This affords great relief to the pain.

If the amount of fluid present be great, *blistering* is advantageous, and Elliman's can be applied on flannel to keep up the counter irritation. In the early stages, treatment at Bath, or other mineral hot baths, affords relief.

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A cold compress at night instead of warmth is found to do good in certain cases. Apply a wet cloth about the limb, cover with oiled silk, then cotton wool and bandage lightly. Take off the compress in the morning and massage thoroughly with Elliman's.

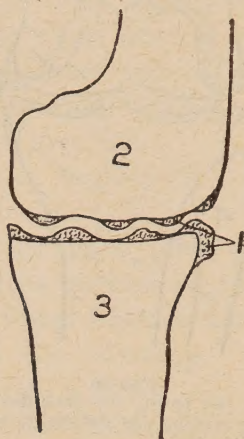


Fig. 41.

Knee joint from the side showing how the overgrowth of cartilage and bone causes pain in movement by the friction of the irregular new growth, also how essential it is to avoid rest else the joint becomes mechanically fixed by interlocking of the processes which form, and which must be constantly worn down by movements and massage. "Chronic Rheumatic Gout."

1. Overgrowth of Cartilage and Bone.
2. Femur.
3. Tibia

Avoid colds, damp and injury. Residence in a dry, warm, equable climate is desirable. Clothing should be of flannel, and warm. Pay attention to the diet, which should be nutritious and generous, unless the patient be gouty. Avoid cares and worry. A general tonic may be taken.

If there be a rheumatic history take Potash or Lithia water. Numerous drugs are given, most frequently Iron, Iodide of Potash, Salicylate of Sodium, and Arsenic in some form or another. Consult a doctor.

A peculiar form affecting the small joints of the fingers, giving rise to pain and the formation of small lumps at the side of the fingers is often seen. Treatment is exactly the same as for the preceding condition.

Read offer on first page.

MUSCULAR RHEUMATISM.

Lumbago, wry neck, stitch, etc., are rheumatic affections of various muscles, and receive different names according to the part diseased.

Causes.—Rheumatic individuals exposed to cold or damp, or heavy and unusual labour, or exposure to draughts and sudden chills, especially when the muscles are fatigued; one attack makes a person more prone to another.

LUMBAGO.—Sudden pain in the back, especially when rising from stooping, or when sitting down after hard work. Patient may be unable to raise or change his position in bed. Pain is dull gnawing, or sharp and cutting. It is relieved by pressure. It may pass off in a few hours or last for weeks. Little or no fever is present. A feeling of stiffness follows the relief of the pain.

Treatment.—Avoid causes. Endeavour to secure heat in all cases. Hot fomentations (see below) and vigorous massage with Elliman's. Then put on a warm flannel bandage and retain in position. A Turkish bath may be taken. One may thereby cut short an attack, probably partly by virtue of the rubbing after the bath. A flannel binder may be worn with advantage during inclement weather by those subject to lumbago. Occasionally to sprinkle the binder with a little of Elliman's is at times beneficial.

FOMENTATIONS.

FOMENTATIONS are of two kinds, *antiseptic* and *non-antiseptic*. The **Antiseptic** only should be used for wounds or broken skin.

Get some boracic lint, *i.e.*, lint which has been soaked in a saturated solution of boracic acid and then dried. Cut off sufficient to cover the inflamed part. Take a piece of thick flannel the same size, also a piece of oiled silk or macintosh material a little larger, also some cotton wool.

Read over on first page.

Now place the boracic lint and flannel together in the centre of a towel, pour over them some boiling water till thoroughly soaked, fold the sides of the towel over the lint or flannel, and turn its two ends in opposite directions, *i.e.*, wring them, to thoroughly remove the excess of water. Take out the lint and flannel rapidly and *gently* place on the wound or inflamed part, the lint being next the wound, taking care that, with a little persistence on the part of the patient, it can be borne. Cover it with the oiled silk or macintosh, then cotton wool and lastly bandage.

Instead of boracic lint, linen or plain lint can be used moistened with hot boracic lotion, one tea-spoonful to a pint of boiling water: or Elliman's, a tea-spoonful to a pint of hot water instead of *plain* water.

Non-Antiseptic Fomentations are made by wringing flannels or sponges from hot water and then covering with macintosh and wool as in antiseptic fomentations, or with another piece of flannel only.

COLDS.

Taking cold.

Colds are due to disturbance between the heat production and heat loss of the body, usually excessive loss of heat alone, which results in a condition of inflammation being set up in some part or parts of the body. Which part will be affected is largely an accident, it is not of necessity the part most exposed. Some people seem to be peculiarly susceptible to colds in the ear, others to colds on the chest, bladder, kidneys, etc.

There is no doubt that repeated colds weaken a part, so that a very slight cause will result in its taking cold, and that such parts are very liable to other diseases in consequence. The importance of not neglecting a cold is therefore obvious.

The conditions of the atmosphere most likely to result in cold are combined low temperature, dampness, and wind: especially found therefore in spring and autumn.

The immediate causes are—Insufficient clothing, badly protected feet, exposure while perspiring, prolonged exposure to draughts, going from a warm to a cold room. Exposure of a part of the body usually protected.

Read offer on first page.

Irritating vapours, dust, certain odours produce symptoms resembling cold in the nose.

Sweating from severe exercise if suddenly stopped, and then the body exposed to draughts, results in severer conditions than cold, such as, Rheumatic Fever, Inflammation of the Kidneys, Pneumonia, etc.

The nose is so often the seat of a cold because it is the part which the cold air first comes into contact with. *But no doubt it is already predisposed, being affected with a "catarrh" too slight to be obvious to the patient, due to previous neglected colds.*

To Avoid Colds.—The clothing should not be too much or too little, always "comfortable." *Never coddle a part.* People who are subject to colds on the chest wrap themselves up, so that of necessity the chest readily perspires and consequently in *their* case the *slightest* exposure gives rise to a cold; and so also with throats.

An authority has said "the chest is infinitely better protected in one liable to bronchial attacks by an extra *sole worn on the boots*, than a felt pad on the chest."

Pure wool is best, silk, linen, and cotton interfere with evaporation and are not good absorbents.

It must be remembered that it is not the thickness of garments which is important but their number—two thin vests, for instance, enclose a layer of air between them, and this being a bad conductor prevents the passage of heat from the body or cold towards it.

It is the innumerable strata of air contained between the feathers of a bird which keep it warm not the feathers themselves. Occasionally a thick article of clothing, such as the sole of a boot, acts mechanically.

Thin soles are perhaps the greatest cause of colds, because they allow very great loss of body heat, barely separating as they do the feet from the cold damp pavement or ground, and often letting in the rain or imbibing moisture.

Harden yourselves by free exercise, avoid sedentary habits. Take a *cold bath* every morning, or if this be too severe, as shown by subsequent lassitude, chilliness, absence of warmth of the whole body, take a cold sponge down to the waist, but do not take warm baths. If only one device were permitted to prevent colds that one should be the *cold tub* in the morning, of all things it is the most beneficial.

Treatment of Colds in General.—The principle is to supply the body with heat to make up for that lost. So at once take a hot bath, have a rapid brisk rub with a rough towel and go to bed *between blankets*. Just as you get into bed, have a good hot drink of milk, tea, or other non-spirituuous drink.

If a bath be unavailable, take a hot mustard and water foot bath instead.

The evidence that heat has been *successfully supplied* to the body is *sweating*, therefore do not throw off the bed-clothes if you sweat and feel uncomfortable. Help it by keeping warm, and retain the arms under the bed-clothes. To promote sweating, take 5 grains of Dover's Powder in a little hot gruel, but should the chill have been severe take Quinine 5 to 10 grains instead.

In the morning *do not get out of bed* suddenly, but remove gradually the bedclothing.

After dressing remain indoors a few hours.

Should this treatment fail to cut short the attack, confinement to the house in an even temperature is essential, if the weather be inclement.

Thoroughly rubbing the part most subject to cold with Elliman's will greatly help to prevent its recurrence, and will certainly tend to prevent a cold becoming "something more serious."

COLD IN THE NOSE.—In addition to the above general treatment, to relieve the distressing pain over the root of the nose and forehead, nothing acts better than brisk rubbing with a little Elliman's and then application of dry heat by bran bags, or small water bottles, etc., over the nose and forehead.

This also relieves the stuffy feeling so common before the discharge from the nose comes freely.

Read offer on first page.

For the later stage when discharge from the nose is free, use the nasal douche of Soda and Borax, or Tannic Acid.

Formula for Nasal Douche.—Bicarbonate of Soda, Borax, of either half a tea-spoonful to a pint of tepid water or Glycerine of Tannic Acid, one tea-spoonful to one pint of tepid water. Use half a pint each time of douching.

SORE THROAT AND HOARSENESS FROM COLD

Is largely benefited by inhalation of steam.

Put in a jug some nearly boiling water. Add to it one tea-spoonful of Friar's Balsam and inhale the steam for ten minutes every four hours. Also apply hot fomentations (page 89) sprinkled with Elliman's to the front of the neck.

For the Cough

Chloride of Ammonium	-	-	-	5 grains.
Ipecacuanha Wine	-	-	-	10 drops.
Glycerine	-	-	30 drops (half a tea-spoonful).	
Water	-	-	-	Add to one ounce.

Take every four hours.

When the attack is over accustom yourself to a bare throat.

Sore Throat from Cold.—Upon first symptoms Elliman's to be well rubbed in with the hand over the chest and throat when in bed; flannel should then be placed over the chest and throat.

HAY FEVER is a form of cold in the nose due to irritation by the pollen of hay. It occurs in the summer, with free running at the nose and sneezing. In some it is accompanied by fever like influenza.

Treatment.—In the summer go to the seaside. Use the cold douche to the spine and treat generally as for a cold. Avoid hay.

During the Attack use the following snuff, a pinch every four hours, and douche once daily (*see above*).

Bismuth Carbonate	-	-	-	2 drachms.
Magnesia Carbonate	-	-	-	1 drachm.
Cocaine	-	-	-	10 grains.

Read offer on first page.

TOOTHACHE FROM COLD.

Treatment.—Rest the teeth by abstaining from eating solids.

Paint the gums with a mixture of equal parts of—

Tincture of Iodine.

Tincture of Capsicum.

once or twice daily, or apply a strip of capsicum to the gum after first drying it. Apply warmth to the cheek and use warm mouth washes of plain hot water frequently.

Take Phenacetin or Antipyrin, grains five, every three hours until four doses have been taken.

Also a mild purgative.

If the tooth pulp is exposed, *i.e.*, the **tooth decaying**, two drops of oil of cloves or pure creosote on a minute pledget of cotton wool, applied to the cavity, often gives relief.

Rubbing the face and gums with Elliman's sometimes eases the pain. In all cases fomentations sprinkled with Elliman's applied to the cheek are soothing.

ACUTE BRONCHITIS

is a dangerous disease and needs skilled attention, but the general treatment is to keep the patient's strength up by nourishing food. Keep the air of the room charged with moisture from boiling water in open shallow vessels placed about the room, or by means of a bronchitis kettle.

Relieve the pain by applying Elliman's on flannel to the chest and either poulticing the chest well or covering it with a jacket of warm dry cotton wool. Avoid draughts. In reality acute bronchitis is as dangerous as Pneumonia and may last longer.

Chronic Bronchitis and winter cough in adults and old people derive more benefit from vigorous application of Elliman's Embrocation and the general treatment mentioned under Colds in general (page 34) than any number of drugs.

The whole chest, back and front, should be well rubbed night and morning for ten minutes with the Elliman's.

Read offer on first page.

CHRONIC COLD AT THE CHEST.

Upon first symptoms Elliman's to be well rubbed in with the hand over the chest and throat when in bed ; a piece of flannel should then be sopped with Embrocation and wrung, then laid upon the chest. This should be kept on for ten minutes after a sharp tingling sensation begins to be felt. Hot milk mixed with an equal quantity of Ems or Apollinaris water, half a wine-glass of each mixed, may be taken three or four times a day to help the cough.

The clothing *must consist* of flannel next the skin. (*See Colds, page 32.*)

All cases are benefited by change of air. The desideratum is residence in a dry equable climate.

The diet should be nourishing and easily digested.

A Mixture of

Tincture of Squills	-	-	-	5 to 10 drops
Chloride of Ammonium	-	-	-	10 grains
Spirits of Chloroform	-	-	-	10 drops
Iodide of Potash	-	-	-	3 grains

Water to one ounce

three times a day will be useful.

For the cough at night and first thing in the morning, nothing is better than a glass of hot milk or water, on going to bed and awakening in the morning.

PLEURISY,

Or inflammation of the lining membrane of the chest wall. A doctor should always be called in if a person, after exposure, is attacked with sudden starting pain in the side, accompanied by fever with high temperature, short dry cough, and short painful respiration.

Until his arrival, hot flannels with a liberal sprinkling of Elliman's, may be applied to the part frequently.

This often relieves the pain to a considerable degree and tends to prevent the progress of the inflammation.

Pains after Plueurisy are very common, any little chill, or any unusual exertion, will result in a dull aching pain over the part affected. This is best relieved by a vigorous rubbing with Elliman's, or a blister may be tried.

Read offer on first page.

QUINSEY, INFLAMMATION OF TONSIL,

May go on to abscess formation.

Causes are hereditary tendency, rheumatism, gout, cold, bad drains, exposure to damp.

Signs.—Fever temperature $102-104^{\circ}$, pain in the throat and shooting into the ear, difficulty, discomfort or pain in swallowing, changes in the voice, thickness of speech, headache, swelling and tenderness in the neck and about the angle of the jaw. There is marked illness.

Treatment.—When a sense of pricking, dryness and soreness in swallowing is present, *i.e.*, in the early stages, apply cold compresses to the neck. Rub the throat under the angle of the jaw with Elliman's. Give ice to suck, also a mild aperient and fever diet. Painting the tonsils with glycerine of borax may abort an attack.

In the variety called Quinsey, which usually affects one side only at first and is very painful to the neck, fomentations (page 31), or hot water bottle, or hot flannels sprinkled with Elliman's, may cut short the attack.

Friction with Elliman's for ten minutes two or three times a day to the neck under the angle of the jaw if not too tender.

At the same time a gargle of bicarbonate of soda, one tea-spoonful to a pint of hot water, may be used frequently, and steam inhalations made by adding a table-spoonful of vinegar to half a pint of hot water, then breathe the vapour, this, "cuts the phlegm" and relieves pain.

A simple way to apply fomentations is to use a sponge wrung out of very hot water. If heat does not succeed in stopping the attack, it is proper to go on fomenting, etc., so as to make the abscess ripe and help it to burst.

Give a mild purge with castor oil.

After an Attack a course of Quinine and Iron is useful.

Read over on first page.

BACKACHE,

Situated in the small of the back, is a very common complaint in women, and is due to innumerable causes. Sometimes the fatigue of constantly standing, in others due to displacements of the uterus and ovaries, or to constipation. Or, again any cause of increased strain on the back such as obesity, pregnancy, and tumours.

Signs.—Usually a gnawing, boring pain of a constant character, making life miserable, often without cessation from day to day. It gradually wears the patient's strength. Whatever its causes, it is probable that over-strain of the muscles of the back results, and is the source of the pain, and undoubtedly in the majority of cases is *greatly relieved by* massage with Elliman's, with or without fomentations (pages 7 and 31).

Similarly Kidney pain, which usually is on one side, is likewise benefited by vigorous massage and the counter-irritation of Elliman's.

CRAMP.

Telegraphists, writers, violinists, pianists, dancers, and others who use the same muscles for prolonged periods, suffer from a spasm of the affected muscles, entirely preventing their use for some time. Cramp is the earliest sign of the exhaustion of the nerve centres, and so should be a warning for *rest*.

In Writer's Cramp the forefinger and thumb are most commonly affected, and the pen may be twisted about in the grip, or even thrown away by the spasm. In some forms the pen is so firmly gripped by the fingers it can only be removed with difficulty. Then a sense of uselessness and weakness follows, with peculiar sensations in the part, sometimes numbness, and the skin may become shiny red.

Treatment.—Rest and change are two absolute essentials. In some cases of dancers' cramp, a few days' rest and massage with Elliman's twice daily will entirely relieve the condition, and a brisk rubbing and kneading with the Embrocation before undertaking the dance should prevent cramp.

In the other forms more prolonged rest is necessary and massage must be systematically carried out (*see* pages 7-14). Cod liver oil or iron and strychnine should be taken as tonics.

Read offer on first page.

Prevention of writers' cramp is to write less from the fingers and more from the elbow and shoulder. Various devices have been created for enabling the sufferer to write.

RELAXED THROAT

Is found in people who smoke or drink much, also in public speakers, clergymen, and those suffering from nasal troubles.

Signs, etc.—Sense of "rawness" in the throat, pain on swallowing condiments or hot drinks and alcohol. Slight irritable cough. Hawking of phlegm in the morning, huskiness and pain on speaking. The throat inside looks red and dry. There is considerable discomfort and depression of spirits.

Treatment.—Remove the cause, if smoking and drinking too much, discontinue entirely for a time; public and other speakers must have a rest. The nose must be treated—if there be stuffiness of this organ (*see Nasal Douche*, page 35).

A change of air, especially to the seaside, is beneficial. The diet must be looked to and regulated, as dyspepsia frequently accompanies the condition. Tonics may be given. Cold douching to throat, and gargles of chlorate of potash or alum water may be used. Tabloids of Guaiacum are useful.

Thoroughly rub the throat from ear to ear twice daily with Elliman's. Apply a *cold compress to the throat at night one hour after the rubbing*. Do not wrap up the neck during the day.

Public speakers by thoroughly rubbing the throat with Elliman's every morning after a cold douche to the front of the neck may help to give tone to the part, and prevent it becoming relaxed.

CHILBLAINS

Are due to imperfect protection of the feet, also not infrequently they are due to too tight boots. Defective circulation and anæmia are often present.

Avoid sudden and extreme heating or cooling of the feet and hands. Always keep them at as uniform a temperature as possible.

Treatment.—When the *itching first commences*, and the part is only slightly red, friction with Elliman's to the *whole limb* as well as to the *inflamed part* is most beneficial. A

Read offer on first page.

little of the Elliman's diluted with two or three parts of water may be applied at night by wrapping pieces of linen soaked in this lotion round the toes or fingers.

Attend to the general health, treat the anæmia. Take exercise. Clothe the feet properly, always wear woollen gloves in the winter.

Cracked Lip is easily cured by first drying the crack, and then painting it with a little "blue stone," or lunar caustic. This is to be repeated in a few days, taking care to apply a little cold cream or vaseline once or twice a day in the interval, which will cure the condition in a week or ten days.

NEURALGIA.

Tic-doloreux, etc.

Causes.—Hereditary tendency to "nerves," hysteria, debility, anæmia, exposure to cold, mental anxiety, worry, especially in women, *bad, i.e., carious teeth*, defective eyesight, gout. It follows various diseases.

Signs are sudden intense darting or stabbing pain along the course of certain nerves. It is not constant, but occurs in "paroxysm," gradually getting worse and worse until a climax is reached, when their intensity gradually subsides again.

The skin over the affected area may be tender and red or sweating.

Attacks last from a few minutes to hours or days, and may be brought on by sudden movement and draughts. Twitchings of certain muscles may be present.

Treatment.—First always endeavour to find the cause and have this treated. If no cause be found send the patient to the seaside, look after the general health, state of the bowels, etc. Give tonics of iron, quinine, cod liver oil. The gouty must be dieted and pay a visit to a Spa.

During the Attack.—Heat, as fomentations (page 31), or cold, as ice, may be tried. Apply a blister over the most tender spot, or use Elliman's on hot flannels till marked reddening of the skin results, but not in facial neuralgia.

Give five grains Antipyrin every three hours for four doses.

Read offer on first page.

During the intervals massage with Elliman's over the course of the nerve will usually prevent or diminish the intensity of attacks.

A form of neuralgia affects the fourth toe not infrequently and cripples the sufferer considerably.

Neuralgia of Joints is a condition not uncommon in hysterical girls or youths.

Signs.—They complain of indefinite pain, with tenderness of the skin, but there is no heat, *real* tenderness, or swelling, and if the patient's attention be distracted, jarring or handling of the joint does not produce pain. Free movement can also be obtained when their attention is engaged elsewhere.

Treatment.—Attend to the general health, diet, exercises. Give change of air, regulate the bowels.

Then massage with Elliman's, after hot and cold douche alternately. Use a blister occasionally.

Remember Tubercular disease is very insidious, so be careful not to suppose a joint is necessarily free from disease because nothing definite can be found. Consult a doctor.

VARICOSE VEINS.

Causes.—Occupation involving prolonged standing, especially standing *still* (muscular contraction in walking helps the return flow of the blood). Sedentary lives, *Constipation*, *Wearing of garters*. Hereditary tendency. Swellings in the groin and pelvis pressing on the vein. Plugging of veins in Typhoid and other Fevers, etc.

Varieties of Varicose Veins exist.—1. Where large tortuous veins are seen, each quite distinct and separate. 2. Minute veins forming a red network in the skin.

The Signs and Symptoms are alike in both.

1. The presence of big veins, at first straight and prominent, later tortuous and beaded, or a meshwork of small veins.
2. Swelling of the feet and ankles, disappearing after a night's rest. Aching towards evening, with a tired heavy feeling in the legs and feet.

Read over on first page.

3. Redness of the skin, eczema, ulcers, and later a permanent swelling—chronic oedema—in the legs, which can hardly be pitted on pressure. Intense itching and heat are often present.

The effects of varicose veins are due to the fact that the return of the blood to the heart is impeded, and as a consequence chronic congestion or engorgement of the part occurs with sluggish absorption by the lymph channels.

Thus a low form of chronic inflammation results, the white corpuscles and the serum escaping from the blood vessels “coagulate” and form a *meshwork* in the tissues, giving rise to the hard firm condition which always develops sooner or later in varicose legs.

This still further interferes with the return of the blood and lymph, and also causes damage, *i.e.*, depression to the vitality of the tissues of the part. Any slight injury, such as a scratch, does not heal, therefore it becomes contaminated with germs, and so an ulcer results or an eczema forms and this results in ulceration.

Treatment.—Remove any discoverable cause, such as constipation. Suspenders should be worn instead of garters. Support the diseased veins. This may be done by elastic stockings or by Martin’s Rubber Bandage.

Elastic Stockings should be worn over cotton stockings, else they irritate unbearably, they must always be removed at night, and the legs bathed and dried by rubbing upwards briskly, to stimulate the circulation in the skin. The general bath is best taken at night so as to enable the stockings to be put on in the morning *before* getting out of bed, *i.e.*, before the feet hang down at all.

Martin’s Rubber Bandages are made perforated or plain. The best consist of black rubber. A bandage three yards long usually suffices. If they “draw” substitute other bandages.

They are simply *rolled* on the limb, beginning at and including the foot, up to the knee or higher if necessary, before getting out of bed; do not *pull upon the bandage*, simply roll it round and round the limb without overlapping.

At night the bandages are taken off and the legs bathed in warm water, then briskly dried and rubbed. The bandage is sponged with tepid water, and *hung up to dry*. In the morning dust the leg with this dusting powder:

Oxide of Zinc,
Powdered Starch,
Boracic Acid,
Of each equal parts,

roll the bandage up, the string end first, then put it on.

In the later stages, *i.e.*, in the condition of chronic œdema, the exudation is best dispersed by thorough massage with Elliman's (see pages 13-20) and elevation of the limb for a few days.

BLEEDING from a Varicose Vein is due either to an ulcer eating into the vein, or the bursting of one of the prominent knots in the vein during straining.

It is a most serious condition. Sometimes warning is given by the ulcer *bleeding a little*, without obvious cause, for one or two days, such should be an indication to rest entirely, elevate the limb and treat the ulcer.

The bleeding, when a vein is opened, is enormous. The trickling of the warm blood calls attention to the condition. Immediately apply your fingers to the bleeding point and press firmly.

Then get a clean pocket handkerchief, tear off a strip and make it into a pad, put it on the bleeding point and bandage it firmly with the remainder of the handkerchief. If the bleeding occur when out *walking*, *treat it* as instructed above and watch the wound to renew pad if required. Upon arrival at home elevate the leg well, then take off the pad and bandage, and thoroughly clean up the ulcer and surrounding skin with an antiseptic lotion, Elliman's (1 part added to 3 parts of water) being most convenient. Apply a new pad soaked in the lotion and bandage. Send for doctor.

Remember all bleeding can be easily stopped by pressure with a finger, if accurately applied on the bleeding spot.

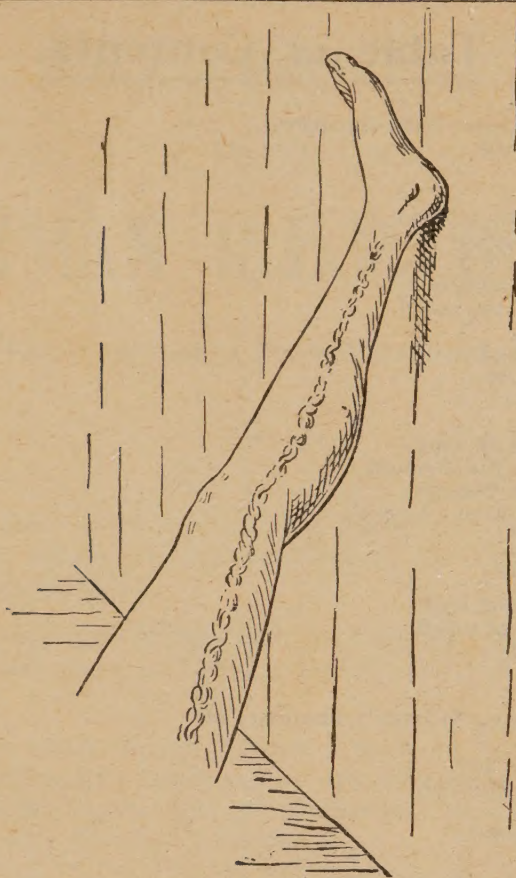


FIG. 45.

Showing leg elevated against wall in position to check bleeding from varicose veins and in which to remove dressings without recurrence of bleeding.

INFLAMED Varicose Veins are a source of great danger because the blood contained in them becomes clotted, and if rest be not taken, such clots may be disturbed and carried to other parts of the body, where they cause serious mischief. *Massage and friction must, therefore, be strictly avoided until 6 or 7 weeks have elapsed.*

Signs—Pain and tenderness in the leg, swelling and pitting about the veins, which feel like cords, with slight redness and heat. Cramp may occur. There is some fever.

Treatment.—Absolute rest for six weeks. Elevation of the legs. A slight purgative and low diet. To relieve the pain apply lead lotion on linen, frequently renewed.

After six or seven weeks, gently massage if any swelling persists.

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